



# Buenos Aires Community Center

## Recuerdos Inolvidables

Do you remember when you were a child and you sat around your grandmother's dining room table and attentively listened to her tell stories about her childhood? Remembering and talking about ourselves is something most of us enjoy doing. That is exactly what "Recuerdos Inolvidables" is all about. Every Buenos Aires Community Center Elderly has been assigned a day to share their memories, pictures



and adventures of days past. It's a nice sight to see everyone sitting quietly as Ms. Barrera, one of the first participants to share her story begins taking out picture by picture telling stories of her childhood. Tears fill her eyes as she passes around a picture of her mother on her wedding day. Like Ms.

Barrera, many have come before the center participants and shared their lives as well. This wonderful event has allowed us to learn a little more about each person's life; some were soldiers, others experienced the loss of their mother at a very young tender age. Each one has a story and "Recuerdos Inolvidables" has allowed them to share some of the most intimate things of their lives with us.



## Buenos Aires offers weekly Nutrition Classes

The Buenos Aires Community Center along with Ms. Cindy



Saldana of Texas Agri Life Extension is offering weekly Nutritional Classes to the participants. Ms. Saldana presents an array of subjects every Monday ranging from bone density health, cholesterol information as well as a healthy way to eat. The presentations are very informal and interactive. She allows the participants to

participate by asking all sorts of questions. At the beginning of each session, she tests the participants by asking questions of the previous session. Many gifts are won and everyone is having a great time learning. The Center is proud to be part of this partnership. Our goal is to educate as many people as possible. Changing lives, one at a time.

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### Special points of interest:

- > Remembering times past
- > Learning more nutritional facts
- > Healthy tips for kids

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We're on the Web

[www.webbcountytx.gov/buenosaires.html](http://www.webbcountytx.gov/buenosaires.html)

Buenos Aires Community  
Center

### Quote of the Month:

Don't cry because it's over, smile be-  
cause it happened.

*Author Unknown*

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## Health Tips for your Children

Your children can fight stress with good health. Here are some pointers:

- As your child gets older, they still need 9 to 10 hours of sleep. Difficulty getting up or crankiness in the morning are signs they are staying up too late.
- Regular meals and snacks provide needed fuel. Have your child eat fresh fruits and vegetables, whole grains, low fat dairy prod-

ucts and protein like lean meat, eggs and beans.

- Workouts give your children energy and make them feel good. Encourage them to get an hour of physical activity a day. Go for a walk, run, do some yoga, ride your bike with your family or play tennis.

### Mind over Matter

Teach your children a few anti-stress exercises. Suggest that

they close their eyes and picture themselves filling a balloon with their problems. They can breathe in deeply and exhale to "blow" the problems away. Or they can imagine a place like the beach or mountains to escape to. Ask them to imagine what they see, what they smell and how they feel.

A HAPPY CHILD, IS A HEALTHY  
CHILD!!

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